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AMENDMENTS TO THE CLAIMS

1. - 4. (Cancelled).

5. (Currently Amended) A method for ameliorating a symptom of treating an individual with a mood disorder, having wherein said symptom is at least one symptom selected from the group consisting of depressed mood, feelings of guilt, suicide, and retardation: psychomotor, each symptom being assessed according to the assessment method by the Hamilton scale, comprising

administering an effective amount of a composition comprising theanine to a person the individual in need thereof,

wherein said mood disorder is distinct from mood disorders associated with menstruation.

6. (Cancelled)

- 7. (Previously Presented) The method of claim 5, wherein said composition is administered as a food or beverage.
- 8. (Previously Presented) The method of claim 5, wherein said symptom of a mood disorder is depressed mood.

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9. (Previously Presented) The method of claim 5, wherein said symptom of a mood disorder is feelings of guilt.

10. (Previously Presented) The method of claim 5, wherein said symptom of a mood disorder is suicide.

11. (Previously Presented) The method of claim 5, wherein said symptom of a mood disorder is retardation: psychomotor.

12. (Cancelled)